

ONE BITE

AN MAGAZINE

Special Edition:
*One Bite Vegan Food
Blogger Awards*

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**Meet our 2019
Overall Winner:**
*Sam from 'It Doesn't
Taste Like Chicken'*

**Vegan Eating in
LA, California**

Win a copy of
**Heavenly Vegan
Dals and Curries**

**Vegan Ice Cream &
Popsicle Recipes**



Vegan Matcha Ice Cream – No Churn

By Tajda Ferko

Ingredients:

- 3 medium sized, ripe bananas
- 4 tablespoons maple syrup
- 1 tablespoon matcha powder
- 2 teaspoons vanilla extract
- 1 tablespoon almond milk
- 1 teaspoon light muscavado sugar
- 1 teaspoon dark muscavado sugar

Toppings:

- chopped hazelnuts
- cocoa nibs
- shredded coconut

Instructions:

1. Cut ripe bananas into slices and freeze.
2. Add all the ingredients (except toppings) to a blender.
3. Blend all the ingredients in a high-speed blender until completely smooth.
4. Pour the mixture into a wide, low container and place in a freezer.
5. To ensure the mixture freezes equally, stir every 1-2 hours.
6. The preparation time will depend on your freezer and freezer settings. It might take anywhere between 6-8 hours.
7. Alternatively, leave in freezer overnight.
8. Take out of the freezer before serving and let melt slightly until desired consistency.





About the author...

My name is **Tajda Ferko** and I'm a Slovenian food photographer and recipe developer based in Manchester, UK. My work advocates for a more conscious and mindful way of living, eating and shopping. In 2015, I founded a sustainable clothing brand Knit And Green. In 2018, I moved to the UK where I work as a food photographer and social media manager after finishing my degrees in Sociology and Cultural Studies. My Vegan Minimalist is a creative platform that allows me to connect my love of writing, photography, design, and activism.

[Check out her website.](#)

